

# RECOVERY

Do you give yourself enough time to recover?

We all need to recover at times from various things. At different times in our lives we might need to recover from:

- Health Issues
- Accidents
- Disappointments
- Relationships
- Failures
- Financial
- Loss of property
- Family issues
- Divorce
- Death

During our lives we are bound to have a number of things to recover from. The fact that they happened is part of life itself. How we allow, if we allow, ourselves to recover is up to us.

Denial is not the best way to recover. We need to acknowledge the facts, the need to recover, and we must take the time needed. When we don't, we run the risk of a repeat performance until we learn the lesson and allow the recovery.

Often, people do not take the time to recover, rushing into activity too soon. In effect, we end up delaying the recovery and dealing with the issues longer than needed. Recovery is a process and, just like growing crops, takes a certain amount of time and can't be rushed.

Recovery is also where we have time to reflect on the lesson, the learning, and the value. Recovery is often where the nugget is.

In my thirties I had kidney disease and did not give myself the time or space to recover, just pushing and forcing my body to continue working at a pace beyond which I was capable. Sure enough, I thought I was healed only to be struck down again with kidney disease. The second

time, I allowed the recovery. I even allowed myself to take naps some afternoons. Sure, I felt guilty. At the same time, I knew I needed it, and this time I was going to recover so I did not have to repeat the lesson a third time.

What do you need to recover from? What have you not allowed yourself to recover from? Maybe now is the time to allow the recovery, to complete the recovery. Give yourself permission.

Once recovered you'll be able to move forward towards your goals with energy and vigor. You'll get more done and you'll feel better. You'll even do better work.

Recovery takes time, and you need to allow the time in order to fully recover. Give yourself the gift of recovery. You need it, you deserve it, and you will benefit from it.